

SHOW ME THE MONEY

Show Me the Money sounds a lot more fun than Scapular Retraction. This great posture exercise is just a little more difficult than Thumb Rolls, because the arms are held up a bit.

Benefits »

- ⦿ Strengthens posture muscles, especially the scapular retractors.
- ⦿ Improves shoulder function and posture.

Set It Up »

You will not need any special equipment. Some variations require a balloon or a balance disc and a chair with arms.

How to Do It »

The Start

- ⦿ Sit tall with the back away from the chair. Hips can touch the chair, but the back should not. Shoulders are over hips, head retracted comfortably, and chin level. Feet should be flat on the floor, hip-width apart.
- ⦿ Hold the arms out to the sides. Bend the elbows slightly and hold them close to the torso. Participants will resemble a big, tall-sitting *W*. Hands are a little lower than shoulder height, palms up. If money were placed on the palms of their hands, you could see it and it would not fall off.



The Moves

- ⦿ Inhale and sit tall.
- ⦿ Exhale and pull the elbows back, squeezing the shoulder blades together.
- ⦿ Hold each squeeze 2 to 3 seconds, while exhaling, and then relax.
- ⦿ Repeat 6 times and progress to doing 12 times, as tolerated.
- ⦿ Stretch the midback and do a few shoulder rolls when done.

Take It Further »

- Increase hold times.
- Gamble a little more with High Rollers. It's the same exercise but the elbows are held farther away from the torso, about 6 to 8 inches (12-17 centimeters). The new position is an elongated *W*.



Give It More Balance »

- Sit closer to the edge of the chair.
- Place feet in a tandem position, heels lifted.
- Stand and Show Me the Money.
- Sit on a balance disc in a chair with arms.

Keep It Safe »

Cue participants to maintain the tall sit throughout. Do these gently at first.

Live It »

Participants should Show Me the Money and stand like a High Roller more often. It feels good and will improve midback posture.